



# It's Your Life—And We've Got Tools to Help You Manage It



Life can be joyful, stressful, and full of surprises. Challenges and opportunities can occur all at once. Ever wish you had a tool for managing it all? You do! **Life Happens** is a unique online experience designed to guide you to information and resources—plus benefits and programs sponsored by the ACFC and Verizon—all related to your interests and concerns.

Whatever you're facing, **Life Happens** provides customized Personal Plans including tips, practical next steps, and links to your benefits and ACFC programs, as well as information on how to contact your EAP program for additional support and guidance.



The unique doorways in **Life Happens** cover your experiences and concerns:

**Feelings:** Whether life up's and down's are making you happy, sad, stressed or motivated, locate additional information to help you through what you are feeling.

**Thoughts:** Find an array of interactive self-assessments in areas like personality and behavior, career, relationships, and well-being. You'll get Personal Plans based on your answers.



**Life Events:** Find additional information in categories such as Engagement/Marriage, Starting a Family, Facing Financial Challenges, Moving and Relocation, and many more.

**Well-Being:** Get expert guidance on health and wellness in areas like nutrition, exercise, stress, disability, quitting smoking, and aging. Personal Plans include links to your benefits and wellness programs.



**Future:** Plan ahead for making healthy changes, building relationships, parenthood, career moves, education, retirement, financial security, and more.

To access **Life Happens**, go to [www.ACFCcares.com](http://www.ACFCcares.com)

